

CONCEPTUAL ACTIVITIES FOR POSTURE

FEEL-GOOD POSTURE

Posture affects how you feel. Stand tall and upright and you'll feel proud and strong; cower in a corner with your face covered and you'll feel at least a little afraid. This charades-style posture activity gets participants to start connecting posture with how they live and feel.

Benefits »

- ⦿ Acts as a good icebreaker and mixer for new groups.
- ⦿ Demonstrates the link between posture and body language.
- ⦿ Illustrates connections between mind and body in a fun way.
- ⦿ Allows everyone to participate—it's easy and almost free of balance challenges.

Set It Up »

Before class, make a list of easily conveyed emotions or characters that participants can portray, such as happy, proud, ferocious, scared, shy, runway model, the winning boxer in a ring, and the other boxer in the ring. Put your suggestions in a hat, bag, or bowl.

How to Do It »

Tell your class this game is similar to charades. Begin the activity yourself.

- ⦿ Demonstrate fatigue. Stand in front of the class and assume a fatigued posture. Show it with your whole body. Head, back, shoulders, knees, eyes, mouth, even the way you breathe—do the whole works.
 - Ask them to guess what feeling your posture portrays.
 - Ask them what clues gave it away. (Was it slumping shoulders, bent knees, or the frown?)
- ⦿ Now it's their turn. Ask them to show you their most tired posture possible. Ask them to show you tired with their back, neck, eyes, mouth, knees, and mind. You want them to connect posture with mind and body. Once they look fatigued, ask them these kinds of leading questions:



- How do you feel physically?
Emotionally?
- How do you look? Are you taller or shorter?
- Is it hard to look up? Does your back hurt?
- Do you sense any shift in your attitude?

Pull out your cache of easily conveyed emotions or characters.

- ⊙ Ask for a volunteer to pick an emotion or character and then demonstrate it. The other participants will try to guess the answer by reading the body language.
- ⊙ Once the emotion is guessed, another volunteer selects a piece of paper and the activity continues.
- ⊙ As each emotion is displayed, observe and discuss with your class what changes happened with the postures.
 - Proud. (Do taller postures feel more capable?)
 - Ferocious. (Do certain stances feel bolder?)
 - Fear or shock. (Can posture affect how we feel?)
 - Ask them all to take a bold, proud stand. Then ask them to take a bow.
 - Ask a volunteer to show a bent over person walking down the street.
 - Ask another volunteer to be a runway model. (Ask your participants if certain postures feel younger or older.)
 - Did they do a good job of expressing their assignment using only body language?
 - Did they begin to feel how they looked?

Keep It Safe »

Never insist on participation, but always invite it. Some people are shy, especially in new classes. Let the willing ones go first. They'll get some laughs and this will help everyone feel more comfortable.

Live It »

Posture is powerful stuff! It affects how participants feel, look, and even portray themselves. Good posture can take a few years off their age, add confidence, and help them understand how others are feeling.